

Swimming Lessons

Swimming classes in a wide variety of skill levels are offered at the **Aquatic Center**. A brief synopsis of each class offered is listed below. Please keep in mind these class descriptions are very general and are only guidelines to assist you in choosing a swim class for your child. **If you need to see a lesson plan please inquire when you enroll.**

Waterbaby: (6 months – 2 years)

This class is intended to introduce a child to a water environment in a comfortable setting. Elementary skills will be presented. A major emphasis in this class is teaching parents how to work with children in the water. **Parents must accompany the child in the first week of class.**

Preschool I: (2 – 4 years of age)

For children with little or no water experience. **Parents accompany the child in the water** for at least the first five lessons. Introductory and adjustment skills; putting their face in the water, basic breathing, and water safety are primary skills that will be taught.

Preschool II (4 – 5 years of age)

Fundamental skills such as object recovery, back float, basic breathing techniques and flutter kick will be introduced. Parents do not accompany children in the water.

Novice: (6 years and older)

For children 6 years and older who have little skill in the water. Children will learn primary locomotion skills, crawl arm stroke, front and back floating, breath control and personal safety.

Beginner I:

For children who can pass novice swimming skills test. Children will perfect skills in front crawl, survival floating and rhythmic breathing.

Beginner II:

For children who can successfully pass the Beginner I test. Emphasis on the coordination of both front and back crawl, deep water orientation, reaching and extension rescues.

Advanced Beginner:

For children who can successfully pass the Beginner II skills test. Students will build on primary strokes and will be introduced to the elementary backstroke and diving from the side.

Intermediate Swimmers:

Must be able to pass the Advanced Beginner skills test. Breaststroke, sidestroke and basic turns are introduced, while endurance and advanced skills are developed.

Swimming Lesson Schedule

PLEASE NOTE: There will be nine, 30-minute classes per swim session. A session will take place on Monday through Friday the first week and Monday through Thursday the second week (make-up classes are held on the second Friday).

Participants in class:

Minimum 4 students – Maximum 6 students
For most classes

Fee: Residents – \$35.00
Non-Residents – \$50.00

Session I**June 2 – June 12****9:45 – 10:15 a.m.**

#112 Preschool II
#113 Novice
#114 Beginner I
#117 Intermediate/
 Swimmers

10:20 – 10:50 a.m.

#121 Preschool I
#122 Preschool II
#123 Novice

10:55 – 11:25 a.m.

#130 Waterbaby
#132 Preschool II
#133 Novice
#134 Beginner I
#135 Beginner II

11:30 – 12:00 noon

#141 Preschool I
#142 Preschool II
#143 Novice
#145 Beginner II
#146 Advanced Beginner

Session II**June 16 – June 26****9:45 – 10:15 a.m.**

#211 Preschool I
#212 Preschool II
#213 Novice
#214 Beginner I

10:20 – 10:50 a.m.

#221 Preschool I
#222 Preschool II
#223 Novice
#227 Intermediate/
 Swimmers

10:55 – 11:25 a.m.

#230 Waterbaby
#232 Preschool II
#233 Novice
#234 Beginner I
#235 Beginner II

11:30 – 12:00 noon

#241 Preschool I
#242 Preschool II
#243 Novice
#246 Advanced Beginner

Session III

June 30 – July 10

9:45 – 10:15 a.m.

#312 Preschool II
#313 Novice
#314 Beginner I
#315 Beginner II
#317 Intermediate/
Swimmers

10:20 – 10:50 a.m.

#320 Waterbaby
#321 Preschool I
#322 Preschool II
#323 Novice
#326 Advanced Beginner

10:55 – 11:25 a.m.

#330 Waterbaby
#332 Preschool II
#333 Novice
#334 Beginner I
#335 Beginner II

11:30 – 12:00 noon

#341 Preschool I
#342 Preschool II
#343 Novice
#346 Advanced Beginner

Session IV

July 14 – July 24

9:45 – 10:15 a.m.

#412 Preschool II
#413 Novice
#414 Beginner I
#415 Beginner II

#417 Intermediate/
Swimmers

10:20 – 10:50 a.m.

#420 Waterbaby
#421 Preschool I
#422 Preschool II
#423 Novice

10:55 – 11:25 a.m.

#431 Preschool I
#432 Preschool II
#433 Novice
#434 Beginner I
#435 Beginner II

11:30 – 12:00 noon

#441 Preschool I
#442 Preschool II
#443 Novice
#446 Advanced Beginner